

**ABSTRACT OF THE DISCLOSURE**

A vibration damper with variable damping force, includes a cylinder filled with damping medium and in which a piston fastened to a piston rod axially moveably therein. The piston divides the working cylinder into two working spaces. The damping force for the directions of rebound and compression are influenced by nonreturn valves acting in the  
5 respective directions. A damping valve of variable damping action is additionally provided in series with each of the nonreturn valves so that the damping valve is active in both the rebound and compression directions.